

Competitive Training Drills

Blocking:

Basic shotokan blocking waza are the most efficient form of blocking within this sport modified karate.

Most common blocks used:

*rising block, outside middle block, inside middle block
down block, inward hooking block, 2 handed middle forearm
block, outward forearm block.*

Common practice:

Any block executed in practice is to be followed by counter technique, (once the blocking waza has been properly developed.

Important blocking points:

Outside middle block: this particular block should be developed with a circling outward arc upon contact with engaged target in order to gain possible advantage over opponent.

Most other blocks provide the opportunity to grasp the opponent to be pulled into your technique for a possible ippon. (be sure to work within the confines of U.S.A.N.K.F./ AAU regulations.